



11<sup>th</sup> Annual Transition  
Conference

## GOAL SETTING

Imagine It  
Plan It  
Do It

Be  
S. M. A. R. T



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## What is a Goal?

- Plan to get from where you are to where you want to go.



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## List

- List goals achieved?



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S=

- SPECIFIC-What does that mean?
- Examples of Goals-
- Group work sheet...
- Hint-(Exactly)



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## S Worksheet

- Make the following Goals SPECIFIC...
- 1. I want money
- 2. I want friends
- 3. I want a job
- 4. I want an apartment
- 5. I want to loose weight



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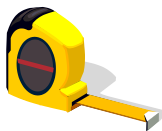
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M=

- Measureable-What does MEASUREABLE mean?
- Let's look at our SPECIFIC goals as a group and see if they are MEASUREABLE?
- Hint-(When will it happen)



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A=

- ATTAINABLE-What does ATTAINABLE mean?
- Discuss Contain-Containers-ATTAINABLE
- Hint-(possible)



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R=

- REALISTIC-What does REALISTIC mean?
- Discuss Movies-REALISTIC vs. UNREALISTIC-



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T=

- TIMELY-What does TIMELY mean?
- Has two parts-
  - When
  - How will we know?



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## S. M. A. R. T.



- SPECIFIC
- MEASUREABLE
- ATTAINABLE
- REALISTIC
- TIMELY



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## NOW!

- Q & A
- Look at Goal sheet.....
- Complete sheet
- Discuss with a partner.....
- Is it S.M.A.R.T.????????



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## Goal Sheet

- Name \_\_\_\_\_
- Date \_\_\_\_\_
- My Goal is \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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## Goal Check Sheet

- Is it SPECIFIC?
- Is It MEASUREABLE?
- Is it ATTAINABLE?
- Is it REALISTIC?
- Is it TIMELY?



- Hurray! You Have a Goal!!!!

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